

HUBUNGAN EFIKASI DIRI DAN DUKUNGAN SOSIAL DENGAN KESEJAHTERAAN PSIKOLOGIS PADA *FAMILY CAREGIVER* LANSIA DENGAN HIPERTENSI DI KELURAHAN KALIDERES

Euis Ginitri Nabila

Abstrak

Peningkatan jumlah penduduk lanjut usia di Indonesia yang diikuti oleh tingginya angka kejadian hipertensi menuntut keterlibatan keluarga sebagai *family caregiver* dalam perawatan jangka panjang. Tanggung jawab tersebut kerap menimbulkan tekanan psikologis yang berpotensi memengaruhi kesejahteraan psikologis *family caregiver*. Penelitian ini bertujuan untuk mengkaji korelasi antara efikasi diri dan dukungan sosial dengan kesejahteraan psikologis pada *family caregiver* lansia penderita hipertensi di Kelurahan Kalideres. Metode penelitian yang digunakan adalah kuantitatif dengan desain *cross-sectional*. Sebanyak 138 *family caregiver* dipilih melalui teknik *purposive sampling*. Instrumen penelitian meliputi *GSES*, *MPSS*, *PWBS*. Analisis data dilakukan menggunakan analisis tendensi sentral, distribusi frekuensi, serta uji korelasi *Spearman rank*. Hasil analisis menunjukkan terdapat hubungan yang bermakna antara efikasi diri dan kesejahteraan psikologis ($p = 0,001$), serta antara dukungan sosial dan kesejahteraan psikologis *family caregiver* ($p = 0,001$). Dengan demikian, efikasi diri dan dukungan sosial memiliki peran krusial demi mengoptimalkan kesejahteraan psikologis *family caregiver*. Temuan ini diharapkan dapat menjadi landasan bagi perawat dalam menyusun intervensi psikoedukatif untuk meningkatkan efikasi diri serta memperkuat dukungan sosial bagi *family caregiver*.

Kata Kunci: Dukungan Sosial; Efikasi Diri; *Family Caregiver*; Kesejahteraan Psikologis; Lansia dengan Hipertensi

***THE RELATION BETWEEN SELF-EFFICACY AND SOSIAL
SUPPORT WITH PSYCHOLOGICAL WELL-BEING AMONG
FAMILY CAREGIVERS OF ELDERY WITH
HYPERTENSION IN KELURAHAN
KALIDERS***

Euis Ginitri Nabila

Abstract

The increasing population of older adults in Indonesia, along with the high incidence of hypertension, necessitates family involvement as caregivers in long-term care settings. Fulfilling the caregiver role frequently generates psychological strain that can influence caregivers' psychological well-being. This study sought to examine the association between self-efficacy and social support with psychological well-being among family caregivers of older adults with hypertension in the Kalideres Subdistrict. A quantitative approach employing a cross-sectional design was applied. A total of 138 family caregivers were recruited through purposive sampling. Data were collected using the GSES, MPSS, PWBS. Statistical analysis included descriptive statistics, frequency distribution, and Spearman rank correlation testing. The findings revealed significant associations between self-efficacy and psychological well-being ($p = 0.001$) and between social support and psychological well-being among family caregivers ($p = 0.001$). These results indicate that self-efficacy and social support contribute substantially to the enhancement of family caregivers' psychological well-being. The study is expected to provide a foundation for nurses in designing psychoeducational interventions aimed at strengthening self-efficacy and social support among family caregivers.

Keyword: *Eldery with Hypertension; Family Caregiver; Psychological Well-Being, Self-Efficacy; Social Support.*